

# Heart On A String

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**Count:** 48

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Kate Sala and Vivienne Scott (May 2013)

**Music:** 'My Oh My' by Tristan Prettyman (CD Cedar+Gold)

## **Intro: 8 counts**

### **[1-8] KICK, & HEEL DIG, & HEEL DIG ROCK, STEP BACK, COASTER STEP, SHUFFLE FORWARD**

- 1&2&** Low kick right forward. Step right beside left. Dig left heel forward. Step left beside right.
- 3&4** Dig rock right heel forward. Recover onto left. Step right back.
- 5&6** Step left back. Step right beside right. Step forward on left.
- 7&8** Step forward on right. Close left beside right. Step forward on right.

### **[9-16] MAMBO 1/2 TURN, 1/4 PADDLE TURN X 2, SIDE ROCK, BEHIND, SIDE, CROSS**

- 1&2** Rock forward on left. Recover onto right. Turn 1/2 left and step left forward.
- 3&4&** Touch right forward. Push on right turning 1/4 left on ball of left. Repeat.
- 5-6** Rock right to right side. Recover onto left
- 7&8** Step right behind left. Step left to left side. Cross right over left

### **Restart with step change here on Wall 6 (3 o'clock):**

### **Dance up to and including count 15 (Step right behind left) Omit the "&" count**

**Change count 16 to Turn 1/4 left and step left forward to face 12 o'clock and Restart the dance again facing front wall.**

### **[17-24] SIDE, CROSS, SIDE ROCK, BEHIND, 1/4 TURN, STEP FORWARD, RUMBA BOX**

- &1** Step left to left side. Cross right over left
- 2-3** Rock left to left side. Recover onto right
- 4&5** Cross left behind right. Turn 1/4 right and step right forward. Step left forward
- 6&7** Step right to right side. Step left beside right. Step right back
- 8&** Step left to left side. Step right beside left.

### **[25-32] CROSS, RUMBA BOX, WALK BACK X2, SAILOR STEP 1/2 TURN**

- 1** Cross step left over right.
- 2&3** Step right to right side. Step left beside right. Step right forward.
- 4&5** Step left to left side. Step right beside left. Step left back.
- 6-7** Walk back on right, left.
- 8&1** Cross step right behind left. Turn 1/4 right stepping left in place. Turn 1/4 right stepping forward on right.

**[33-40] BALL STEP 1/4 TURN, STEP, MAMBO 1/4 TURN, BALL STEP, CROSS, SCISSOR STEP.**

- &2-3** Step ball of left next to right. Turn 1/4 right stepping forward on right. Step forward on left. (12 o'clock)
- 4&5** Rock forward on right. Recover onto left. Turn 1/4 right stepping right to right side.
- &6-7** Step ball of left next to right. Step right to right side. Cross step left over right.
- 8&1** Step right to right side. Step left beside right. Cross step right over left.

**[41-48] SIDE TOUCH, HITCH, 1/4 TURN, STEP PIVOT 1/2 TURN, STEP, STEP, PIVOT 1/2 TURN, 1/4 TURN.**

- 2&3** Touch left toe out to left side. Hitch left knee up. Turn 1/4 left stepping forward on left.
- 4&5** Step forward on right. Pivot 1/2 turn left. Step forward on right.
- 6-7-8** Step forward on left. Pivot 1/2 turn right. Turn 1/4 right stepping left to left side. (3 o'clock)

**ENDING: Last count of dance, step left forward (12 o'clock), hold and pose.**

**Contacts:-**

**Kate: [kate\\_sala@hotmail.com](mailto:kate_sala@hotmail.com) - [www.katesala.net](http://www.katesala.net)**

**Vivienne: [linedanceviv@hotmail.com](mailto:linedanceviv@hotmail.com) - [www.stayinline.ca](http://www.stayinline.ca)**